

# Senior Nutrition

## Central District Health Department

### The Meal Times

Back Issues of this publication  
are available on our website:  
[cdhd.idaho.gov](http://cdhd.idaho.gov)

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## Generations of Geres Support Meals On Wheels



Richard Gere and his father Homer Gere

The Meals On Wheels Association of America (MOWAA) launched its first-ever advertising campaign in May featuring celebrity spokesman Richard Gere and his father Homer Gere.

The Public Service Announcements (PSAs) have been shown on major TV networks across the country and will now appear on Boise television stations. In addition, the Geres appeared on a recent episode of the Ellen DeGeneres Show and have been featured in *Sports Illustrated*, *Washington Monthly*, *Prevention Magazine*, *Slow Cooker Magazine*, *AARP Magazine*, *Oprah Magazine*, *Vogue*, *Time*, *Entertainment Weekly*, *Travel and Leisure* and *Executive Travel*. The TV PSAs are also being shown on TV screens in 500 movie theatre lobbies.

"We're excited about these new PSAs and the important message they portray," said Angela Spain, Senior Nutrition Program Manager. "In 2006 we delivered 133,472 meals. And it's not just meals we deliver. Our daily visits provide comfort, companionship and security for many elderly people who often have no friends or family to look in on them. Many times our volunteer Meals On Wheels drivers are the only contact they have all day," she said.

MOWAA has had the generous help of many celebrities in the past including A.J. and Larry Foyt, Naomi Judd and Robby Gordon, just to name a few. Homer Gere and his son Richard, willingly joined the fight to stop senior hunger. Both Homer and Richard understand the importance of the mission and want to encourage the public to volunteer for and donate to senior nutrition programs throughout the U.S. The Geres have worked diligently with a team at Ogilvy and Mather, a major advertising company, to create moving television and print PSAs for Meals On Wheels programs.

**Our Mission Statement:** To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.



## SENIOR NUTRITION PROGRAM

**Meals On Wheels**  
707 N Armstrong PI  
Boise ID 83704 • 327-7460

**Angela Spain**  
Program Manager  
327-8544

**Cheryl Johnson**  
Comm. Meals Services Supervisor  
327-8552

**Norma Russell**  
Administrative Assistant  
327-7460

**Jennifer Bourff**  
Administrative Assistant  
327-7460

### DINING SITE LOCATIONS:

*(Meals served at noon)*

Star Senior Center  
Wed & Fri  
102 S. Main Street  
Star, ID 83669  
286-7943

Garden City Senior Center  
Wed & Fri  
3858 Reed  
Garden City, ID 83714  
336-8122

Mt. Home Senior Center  
Mon, Wed, Fri  
1000 N. 3rd, East  
Mt. Home, ID 83647  
587-4562

Glenns Ferry Senior Center  
Mon, Tue, Thu  
510 E. Cleveland  
Glenns Ferry, ID 83623  
366-2051

Boise Senior Center  
Mon thru Fri  
690 Robbins Rd.  
Boise, ID 83702  
345-9921

Kuna Senior Center  
Mon, Wed, Fri  
299 Avenue B  
Kuna, ID 83634  
922-9714

Meridian Senior Center  
Mon thru Fri  
133 Broadway  
Meridian, ID 83642  
888-5555

Samaritan Village Apts.  
Mon thru Fri  
3350 Collister  
Boise, ID 83703  
343-9504

Northgate Senior Village  
Mon thru Fri  
5901 Ellens Ferry Way  
Boise, ID 83703  
853-8448

Eagle Senior Center  
Tues & Thurs  
312 E. State St.  
Eagle, ID 83616  
939-0475

## Volunteer Spotlight | Dick Drury

Dick Drury, Meals On Wheels volunteer, is certainly no couch potato. "Volunteering gets me off the couch," he said, "and it's therapeutic for me too." Dick has been volunteering for Meals On Wheels for the past eight years and also spent many years as a volunteer at St. Luke's Hospital.



Dick Drury

"When I retired from work, I went nuts," he said. "So I went back to work for another three years, then retired again." Then Dick saw an advertisement on television about the need for Meals On Wheels volunteers. "I thought being a Meals On Wheels volunteer would be a good thing to do. I didn't want to wind up like a lot of folks who retire and just waste away and won't help out," he said.

Dick started delivering a route the morning he called to inquire about the program. "I was assigned to the Syringa route and delivered every Wednesday. It wasn't long before I became attached to the folks on my route. I like the satisfaction of knowing you're helping someone. I also enjoy visiting with the folks to be sure they're doing okay. They are so appreciative," he said.

Cheryl Johnson, Community Meal Services Supervisor, said "besides fulfilling his weekly Syringa route, Dick is also a "go-to guy" for five other routes whenever a substitute driver is needed. He's a real fun guy to work with and is always so upbeat."

*(Special note: Dick took a temporary leave of absence from his volunteering route in November 2006 to care for a family member who is ill.)*

## Volunteer Appreciation Month



Kuna Dining Center volunteers get ready to enjoy some cake. From left to right in back row, Betty Davis, Bob Kegler, Martha Eberhard, and Marlene Cromwell. Betty McClure is in front holding the cake.

who benefit from the donation of your time, we thank you for making the Senior Nutrition Program a huge success this past year.

April was Volunteer Appreciation Month and the Senior Nutrition Program recognized the 350 Meals On Wheels volunteers and 100 dining center volunteers in Ada and Elmore Counties who make the programs possible. Every Meals On Wheels volunteer received a thank you card and recognition certificate while the dining center volunteers were served cake and given a recognition certificate. On behalf of all the seniors

## Recipient Spotlight

Johanne  
Beardsley



Johanne Beardsley

Ninety-six-year-old Meals On Wheels client Johanne Beardsley has nearly a century of memories. As a young child her family lived above a grocery store in Hanover, Germany until she was two years old. Then the family moved to Norderney, Germany, one of the seven populated East Frisian Islands off the North Sea coast of Germany, where they lived from 1919 to 1923. "I remember we could drive around the entire island in just seven hours," she said. "There was a beautiful castle on the island and I had a friend that worked there, so I would visit when I could. I so admired the trophy room with all its many animals," she said.

She then moved around Germany quite a bit until her mother and step-father (her father died in 1917) and the four children sailed to New York City when she was seventeen.

She worked a variety of odd jobs until she married in 1930. "During this time, I worked on 34<sup>th</sup> Street in New York and I watched the workers build the Empire State Building," she said.

After 17 years of marriage her husband died from complications associated with malaria and typhoid he contracted while living in Brazil prior to their marriage. She would marry a second time for another 16 years until her second husband passed away. She then decided to start life anew in Sun Valley in 1947. While enroute she stopped at the Boise post office. While leaving the building she looked up and saw the beauty of the snow covered mountains and decided to start again in Boise instead of Sun Valley.

While living here in Boise Johanne held a variety of jobs from teaching sewing classes for Singer Sewing Machine Company to working in the drapery department of Fox Department Store. Then she opened her own shop on Bannock Street where she designed curtains and furnishings. During this time she said she married a third time.

"After my third husband passed away in 1979 I went back to school and took computer classes at Boise State University and I also taught German language classes there until 1992," she said. "I taught German at some of the community schools for eight years and served as a translator for Hewlett Packard, the State of Idaho, Boise Cascade and Morrison Knudsen for about ten years," she said.

She enjoys reminiscing about her life with the volunteers who deliver her meals. "I have a lot of memories and it's fun to share some of my stories with them," she said.

Johanne says Meals On Wheels "is the best thing because it gives you a meal when you need it the most. So many times it gives me the energy I need to keep going. And it's nice to get the meal at the same time each day, because when you're alone, you forgot about the time and sometimes you forget to eat," she said.

## Volunteers Retire - Thank you John & Kathryn Combs

After ten years of volunteer service as drivers for Meals On Wheels, John and Kathryn Combs are moving on to other things. They faithfully delivered once a week to the clients on the Feds route. The Senior Nutrition program would like to thank the Combs for their many hours of service and dedication to helping so many others in the Senior Nutrition program. Below, is a letter we received from the Combs.



*"I don't know how many years of trips were made with such a variety of people met. My wife and I enjoyed it all very much. Delivering Meals On Wheels is an enriching experience – helping people of various ages, different backgrounds and ailments. I agree with whomever it was that sang 'thanks for the memories.' Wish all of you success in your future work."*

## Easter Meal Delivery

In what has become an annual tradition, the Senior Nutrition staff and family members volunteered Easter Sunday to prepare a special meal for the Meals On Wheel clients. "Ordinarily the clients get frozen meals for the weekends, but on Easter Sunday 46 volunteers picked up hot meals at the Boise Senior Activities Center and made deliveries to 166 area seniors," said Angela Spain, Senior Nutrition Program Manager.

The special Easter Sunday meals included savory baked ham in pineapple sauce, mixed vegetables, yams with apples, a dinner roll and milk, with cherry cheesecake for dessert. Each meal was delivered in a hand-decorated bag.



The Easter bags were decorated by Girl Scout Junior Troop #43 and Brownie Troop #782, led by Troop Leader Sheri Harris, Brownie Troop #50 led by Troop Leader Jennifer Bourff; Brownie Troop #811 led by Troop Leader Lisa Hlavinka; Mrs. Davis' third grade class at Christine Donnell Elementary and Mrs. Richard's second grade class at Spaulding School.

Special thanks to Senior Nutrition staff Donna Gourley, Alma Calhoun and her husband Darrell for preparing the food; Cheryl Johnson, Community Meal Services Supervisor for organizing the event; Dave Fotsch, Central District Health Department Public Information Officer, for helping to check in volunteers and publicizing the event; and volunteers, Dan and Lori Payne for packaging the food, and their three daughters, Monica, Marley and Keisha who placed milk, cookies and bread in the decorated bags. Thanks for a great team effort!

## Fight The Bite Of West Nile Virus



West Nile virus is here to stay and may cause illness every year during mosquito season. The elderly were especially hard hit by the virus last year, accounting for the majority of those suffering the most serious affects of the disease. Don't become a statistic, do everything you can to avoid being bitten by infected mosquitoes.



### Protect Yourself

- Wear long pants, long-sleeved shirts and socks when outdoors from dusk to dawn when mosquitoes are most active.
- Apply DEET or other EPA-approved insect repellent according to label directions – especially when applying repellent to children.

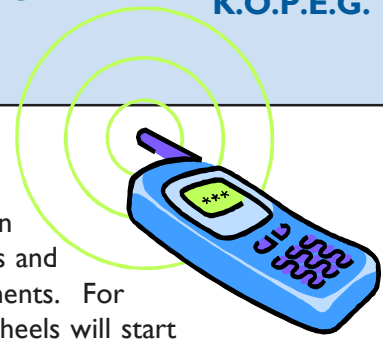
### Mosquito-Proof Your Home

- Clean or drain bird baths or decorative ponds (those without water circulation) every week.
- Remove containers on your property that can collect water such as old tires or cans.
- Repair or install screens on your home.
- Clean your rain gutters.
- Avoid creating puddles in your yard by watering responsibly and fixing poor drainage.

For more information, call 334-6500 or the Central District Health Department at 375-5211 or visit [www.westnile.idaho.gov](http://www.westnile.idaho.gov).

## Meals On Wheels & Project RE-cell Expand Partnership

Now Called  
K.O.P.E.G.



The partnership between Project RE-cell ( which has changed their name to Project K.O.P.E.G. - Keep Our Planet Earth Green ) and Meals On Wheels has been a tremendous success and is now about to get even better. For over a year Meals On Wheels has been collecting cell phones and Project K.O.P.E.G. has either refurbished or recycled the phone components. For its efforts Meals On Wheels has earned over \$3,300. Now Meals On Wheels will start collecting used printer and toner ink cartridges, iPODs, MP3 players, digital cameras and all associated accessories. Project K.O.P.E.G. will in turn either refurbish or recycle these items and provide the Meals On Wheels program with cash.

"We're excited about this extended partnership," said Angela Spain, Senior Nutrition Program Manager at Central District Health, "because the project helps us feed over 600 seniors in our communities, and also because Project K.O.P.E.G. keeps all these items out of our landfills."

The extra money earned through the partnership with Project K.O.P.E.G. helps to supplement the Meals On Wheels program which is funded by a combination of federal, state and county support, senior donations, financial donations of supporters and health district dollars.

The public is urged to donate used printer and toner ink cartridges, iPODs, MP3 Players, digital cameras, cell phones and all associated accessories to the Meals On Wheels program located at Central District Health Department at 707 N. Armstrong Place in Boise. Drop boxes are available at the front door.

Businesses are also encouraged to collect these items for Meals On Wheels at their own locations. Project K.O.P.E.G. has arranged for United Parcel Service to pick up the items at no cost to the business. Businesses can contact Norma Russell, Senior Nutrition Program assistant at (208) 327-7460 to receive further instructions about how to set up a collection site at their business.

## Eagles Donate To Meals On Wheels

The Fraternal Order of Eagles, Boise Auxiliary 115 donated \$500 to Meals On Wheels May 17, 2007. According to Eleanor Mark, Humanitarian Chairman, the ladies of the auxiliary hold various fundraisers throughout the year and present several humanitarian awards to various groups each year.

"Our motto is 'People Helping People'", said Mark. "Some of our members have had parents who have been Meals On Wheels clients and we just wanted to help out the program," she said.

The donation amount given equates to an additional 100 meals for the Meals On Wheels Program, according to Jeannette Tanner, Food Services Operation Manager.



Bobbie Strahler and Llana Yetko of the Fraternal Order of Eagles, Auxiliary 115, present a check in the amount of \$500.00 to Jeannette Tanner, Food Services Operation Manager.



## Rotary Roses

Thanks to the Boise Rotary Club Mother's Day was a special event for the ladies on the Meals On Wheels program in Ada County. The Rotary Club donated over 300 individually packaged roses for distribution to the women in the Senior Nutrition Program. The roses were distributed May 11 along with the meal deliveries. This is the Rotary Club's third year delivering roses.

"Shirley is a lovely lady and I appreciated hearing about her family and life," said Bill Agler, of the Boise Rotary Club. "Our mission is to give back to the community and we try to help in many ways. This is just one of our many ways of trying to help others feel better," he said.



Bill Agler of the Boise Rotary Club presents a rose for Mother's Day to Shirley Eastburn, a mother of two sons and a daughter and a grandmother of four.



## Donate Online To Meals On Wheels

Individuals can now donate online to Meals On Wheels via the Central District Health Department's website at [www.cdhd.idaho.gov](http://www.cdhd.idaho.gov). Meals On Wheels has partnered with Access Idaho, the company that provides most of the web-based services for the State of Idaho, to create a special donation page that is easy to use, confidential and secure.

Online donations are just one more way individuals can help to make a difference in the lives of seniors in our communities. To make your online donation, go to the Central District Health Department website [www.cdhd.idaho.gov](http://www.cdhd.idaho.gov) and click on the hot link marked "Donate online to the Meals On Wheels Program."

## Free Classes About Alzheimer's Disease

**Stand By You** - a program in southwestern Idaho serving families and their loved ones with Alzheimer's disease and other forms of dementia, is offering **FREE** classes. These classes are designed for caregivers or anyone concerned about or involved with memory loss, Alzheimer's disease, or other forms of dementia.

The classes are held monthly. For more details and to reserve a seat, please contact the Alzheimer's Association at 208-384-1788 or [julie.robinson@alz.org](mailto:julie.robinson@alz.org)

# April & May Donations!

Lorraine Andre	Idaho Humane Society
David or Marlene Barber	J Weil & Co
Richard Barger	Joan Jenson
Margaret or Lawrence Barningham	Susan Lafond
John or Jacqueline Blake	Tim or May Beth Lamott
Linda Blessinger	Cecilia Langland
Gene or Danell Bleymaier	Emily Lyon
Joan Carley	Royce or Mary Marcotte
David or Marilyn Carmen	Warren or Janice McKendree
Bruce or Roberta Cleveland	Steve or Denise Mehlberg
Randall Covington	Gary or Nancy Nelson
Douglas or Renee Cox	George or Sharron Presley
Maryellen Dawley	Project Re-Cell
Rochelle Delong	Jack or Mary Lou Queen
Diane Diaz	Tom Reusser
Dale or Jane Dunn	Anna Ricks
Tony Engleman	John Schiff
Marjorie Ewing	James or Sherry Smith
Fraternal Order of Eagles Ladies Auxiliary	Lowell Stewart
Beverly or Harry Fritchman	Tom or Rose Telfer
Michael or Marie Gillespie	Bill or Hannelore Thibadeau
Mark Greenough	Treasure Valley United Way
Don Grotegut	Ruth Tyler
Lauren Haber	Jack or Jan Van Dyck
Terry Harper	Gregory or Shirley Vaughn
Curtis or Sandra Haines	John Larry Warner
Barbara Hawley	C E or Mary Ann Wartman
Mary Hess	Kathleen Webster
Lisa Heywood	Wells Fargo Community Support Campaign
Hopewell Enterprises	Wayne Wiebe
Chet or Stephanie Hoseley	Winnie Morton Real Estate
Robert or Anna Howerton	David or Cindy Wong
Elfriede Huntley	John or Geraldine Yasvac



## Bike, Eat and Help Meals On Wheels

### 2007 Tour De Boise Bike Tour - Sunday, July 8th

This year Meals On Wheels will be the recipient of the proceeds from the Third Annual Tour De Boise Bike Tour hosted by Boise Co-op and sponsored by Wachovia Securities.

The event will be held Sunday, July 8<sup>th</sup> and will feature two courses – a 15-mile course and a 30-mile course. The cost per rider is \$40 and includes a French luncheon, wine tasting, and a Tour De Boise T-shirt.

The ride is open to the first 1000 riders only, so get your applications in early. Applications are available now at the Boise Co-op Service Desk or on the following website: [www.boisecoop.com](http://www.boisecoop.com). For more information, please email Jodi Peterson at the Boise Co-Op at [jodi@boisecoop.com](mailto:jodi@boisecoop.com).

The Tour De Boise also needs volunteers to work the day of the event. If you'd like to volunteer please call Meals On Wheels at 327-8552.

